Foot & Ankle Rolls/Circles: I do this all day Long.

Foot rolls are a simple yet effective exercise for improving mobility, strength, and proprioception in the feet and ankles. Here's how to perform foot rolls: <u>See vide</u>o

Sit or Stand: Begin by either sitting on a chair with your feet flat on the ground or standing with your weight evenly distributed between both feet.

Lift One Foot: Lift one foot slightly off the ground, keeping the other foot firmly planted. Rolling Motion:

- Use your hand to grasp the lifted foot's toes and gently roll the foot in a circular motion.
- Start by rolling the foot clockwise, then switch to counterclockwise rotations.
- Aim to complete several rotations in each direction, moving the foot through its full range of motion.

Focus on Control:

as running, dancing, or sports.

- Pay attention to the movement of each toe and the arch of the foot as you roll.
- Try to maintain control throughout the exercise, avoiding rapid or jerky movements.
 Switch Feet:
- After completing rotations with one foot, switch to the other foot and repeat the exercise.
 Gradual Progression:
- If you have limited mobility or sensitivity in your feet, start with smaller circles and gradually increase the size of the rotations as your comfort level improves.
 Breathing and Relaxation:
- Remember to breathe deeply and evenly as you perform the foot rolls.
- Focus on relaxation and releasing tension in the feet and ankles with each rotation.
 The importance of foot rolls lies in several key benefits:

Improved Mobility: Foot rolls help to mobilize the joints and soft tissues of the feet and ankles, promoting greater flexibility and range of motion.

Enhanced Strength: By actively engaging the muscles of the feet and ankles, foot rolls can help to strengthen the muscles that support the arches and stabilize the ankle joint.

Proprioception: Proprioception refers to the body's awareness of its position and movement in space. Foot rolls help to enhance proprioceptive feedback, improving balance and coordination.

Foot Health: Regular practice of foot rolls can contribute to overall foot health, reducing the risk of common issues such as plantar fasciitis, Achilles tendonitis, and bunions.

Rehabilitation: Foot rolls are often recommended as part of rehabilitation programs for foot and ankle injuries, helping to restore function and mobility after injury or surgery. Incorporating foot rolls into your daily routine can provide numerous benefits for foot and ankle health, mobility, and overall well-being. They are especially beneficial for individuals who spend long periods on their feet or participate in activities that place high demands on the feet and ankles, such





